

Swim Lessons Criteria

Ages 3 - 5 years

Preschool 1

Blowing bubbles (5 seconds)
Front float (5 seconds)
Back float (5 seconds)

Preschool 2

Five rhythmic bobs
Rocketship arms (1.5 yards)
Crawlstroke (1.5 yards)
Penguin arms (1.5 yards)

Preschool 3

Crawlstroke (3 yards)
Sidebreathing
Backstroke (3 yards)
Monkey, tree, banana (3 yards)

Preschool 4

Crawlstroke (16 yards)
Backstroke (16 yards)
Breaststroke kick (16 yards)
Breaststroke (16 yards)

Ages 6 - 14 years

Youth 1

Blowing bubbles (5 seconds)
Five rhythmic bobs
Front float (5 seconds)
Back float (5 seconds)

Youth 2

Rocketship arms (5 yards)
Crawlstroke (5 yards)
Penguin arms (5 yards)

Youth 3

Crawlstroke (7 yards)
Sidebreathing
Backstroke (7 yards)
Monkey, tree, banana (7 yards)

Youth 4

Crawlstroke (21 yards)
Backstroke (21 yards)
Breaststroke kick (21 yards)
Breaststroke (21 yards)

Youth 5

Crawlstroke (25 yards)
Backstroke (25 yards)
Breaststroke (25 yards)
Dolphin kick (25 yards)

Youth 6

Crawlstroke (50 yards)
Backstroke (50 yards)
Breaststroke (50 yards)
Butterfly (25 yards)

Youth 7

Crawlstroke (100 yards)
Backstroke (100 yards)
Breaststroke (100 yards)
Butterfly (50 yards)

Competitive Skills

Stroke technique
Starts and turns
Reading the clock

Ages 15 years and older

Adult Introduction

Comfortable going underwater
Front float (5 seconds)
Streamlined kicking (6 yards)
Back float (5 seconds)
Back glides (6 yards)

Adult Beginners

Penguin arms (12 yards)
Backstroke (12 yards)
Crawlstroke with sidebreathing (25 yards)
Breaststroke kick (12 yards)

Adult Intermediate

Crawlstroke (50 yards)
Backstroke (50 yards)
Breaststroke (25 yards)
Dolphin kick (25 yards)

Adult Advanced

Crawlstroke (100 yards)
Backstroke (100 yards)
Breaststroke (100 yards)
Butterfly (50 yards)

